

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|---|--|---|--|---|
| Sept 26, Oct 31, Dec 5,<br>Jan 9, Feb 13, Mar 20   | Sept 27, Nov 1, Dec 6,<br>Jan 10, Feb 14, Mar 21  | Sept 28, Nov 2, Dec 7,<br>Jan 11, Feb 15, Mar 22  | Sept 29, Nov 3, Dec 8,<br>Jan 12, Feb 16, Mar 23   | Sept 30, Nov 4, Dec 9,<br>Jan 13, Feb 17, Mar 24  | Oct 1, Nov 5, Dec 10,<br>Jan 14, Feb 18, Mar 25  | Oct 2, Nov 6, Dec 11,<br>Jan 15, Feb 19, Mar 26   |
| <b>Breakfast</b>   |   |   |  |   |  |   |
| <b>Waffle</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Western Omelet</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Buttermilk Pancakes</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Au Gratin Hash Browns</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Egg &amp; Cheese Muffin</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>French Toast</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Scrambled Egg Casserole</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  |
| <b>Lunch</b> <small>*After lunch snacks available daily.</small>   |   |   |  |   |  |   |
| <b>Tossed Garden Salad ♥</b><br><b>Soup of the Day</b><br><br><b>Tilapia with Basil Cream</b><br>Tomato Rice<br>Garlic & Herb Roasted<br>Eggplant ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Cherries Jubilee</b><br><b>SF Assorted Cookies</b> | <b>Tomato &amp; Goat Cheese Salad</b><br><b>Corn Chowder ♥</b><br><br><b>BBQ Pork Ribs</b><br>Potato Salad ♥<br>Cole Slaw<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Ambrosia Salad</b><br><b>Fruit Salad</b>                        | <b>Beet &amp; Apple Salad</b><br><b>Chicken Vegetable Soup ♥</b><br><br><b>Tuna Noodle Casserole</b><br>Broccoli Spears ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Lemon Cream Pie</b><br><b>SF Lemon Mousse</b> | <b>Bacon, Lettuce, &amp; Tomato Salad</b><br><b>Cream of Mushroom Soup ♥</b><br><br><b>Chicken &amp; Dumplings</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Butter Cake</b><br><b>RS Coconut Cream Pudding</b>                | <b>Caesar Salad</b><br><b>Soup of the Day</b><br><br><b>Eggplant Rollatini</b><br>Penne Pasta & Marinara ♥<br>Basil Zucchini Sauté ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Frosted Marble Cake</b><br><b>RS Chocolate Frosted Yellow Cake</b>                       | <b>Greek Salad</b><br><b>Lentil Soup ♥</b><br><br><b>Beef Chili</b><br>Baked Potato with Broccoli & Cheese ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Blonde Brownie</b><br><b>NSA Blonde Brownie</b> | <b>Cranberry Almond Salad</b><br><b>French Onion Soup</b><br><br><b>Turkey Pot Pie</b><br>Roasted Carrots ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Baked Apples</b><br><b>NSA Baked Apples</b>   |
| <b>Dinner</b> <small>*After dinner snacks available daily.</small>   |   |   |  |   |  |   |
| <b>Tossed Garden Salad ♥</b><br><b>Soup of the Day</b><br><br><b>Corned Beef Hash</b><br>Cheesy Scrambled Eggs<br>Sautéed Peppers ♥<br>Toast<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Assorted Cookies</b><br><b>SF Assorted Cookies</b>    | <b>Tomato &amp; Goat Cheese Salad</b><br><b>Corn Chowder ♥</b><br><br><b>Braised Chicken ♥</b><br>Mushroom Barley Risotto ♥<br>Spinach Casserole<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Honey Cake</b><br><b>Fruit Salad</b> | <b>Beet &amp; Apple Salad</b><br><b>Chicken Vegetable Soup ♥</b><br><br><b>Chef's Special</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>SF Lemon Mousse</b>                          | <b>Bacon, Lettuce, &amp; Tomato Salad</b><br><b>Cream of Mushroom Soup ♥</b><br><br><b>Beef Goulash</b><br>Peas & Carrots ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Coconut Macaroons</b><br><b>RS Coconut Cream Pudding</b> | <b>Caesar Salad</b><br><b>Soup of the Day</b><br><br><b>Roast Turkey &amp; Gravy ♥ with Cranberry Sauce ♥</b><br>Traditional Stuffing<br>Green Beans Almandine ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Pecan Bar</b><br><b>RS Chocolate Frosted Yellow Cake</b> | <b>Greek Salad</b><br><b>Lentil Soup ♥</b><br><br><b>Catch of the Day</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>NSA Blonde Brownie</b>                                | <b>Cranberry Almond Salad</b><br><b>French Onion Soup</b><br><br><b>Braised Beef Brisket</b><br>Garlic Mashed Potatoes ♥<br>Creamed Spinach ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Chocolate Éclair Torte</b><br><b>NSA Baked Apples</b> |

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|--|--|--|---|--|
| Oct 3, Nov 7, Dec 12,<br>Jan 16, Feb 20   | Oct 4, Nov 8, Dec 13,<br>Jan 17, Feb 21  | Oct 5, Nov 9, Dec 14,<br>Jan 18, Feb 22  | Oct 6, Nov 10, Dec 15,<br>Jan 19, Feb 23   | Oct 7, Nov 11, Dec 16,<br>Jan 20, Feb 24   | Oct 8, Nov 12, Dec 17,<br>Jan 21, Feb 25  | Oct 9, Nov 13, Dec 18,<br>Jan 22, Feb 26   |
| <b>Breakfast</b>  |  |  |  |  |   |  |
| <b>Waffle</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Ham &amp; Cheese Omelet</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Buttermilk Pancakes</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Cinnamon Roll</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Egg &amp; Cheese Muffin</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>French Toast</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Scrambled Egg Casserole</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal |
| <b>Lunch</b> <i>*After lunch snacks available daily.</i>  |  |  |  |  |   |  |
| <b>Salad Greens ♥</b><br><b>Soup of the Day</b>   | <b>Spinach Mushroom Salad ♥</b><br><b>Turkey Rice Soup ♥</b>   | <b>Chopped Salad</b><br><b>Cream of Broccoli Soup ♥</b>  | <b>Lettuce &amp; Tomato Salad ♥</b><br><b>Chicken Noodle Soup ♥</b>                                    | <b>Apple Cranberry Salad</b><br><b>Soup of the Day</b>   | <b>Caesar Salad</b><br><b>Spiced Cauliflower Soup ♥</b>   | <b>Wedge Salad</b><br><b>Mushroom Barley Soup ♥</b>  |
| <b>Shrimp &amp; Grits</b><br>Steamed Broccoli ♥   | <b>Glazed Meatloaf ♥</b><br>Cheddar Mashed Potatoes ♥<br>Glazed Rosemary Carrots ♥                               | <b>Potato Pierogies &amp; Kielbasa with Sour Cream</b><br>Caramelized Onions ♥<br>Sautéed Cabbage ♥          | <b>Lemon Butter Baked Salmon ♥</b><br>Butternut Squash Risotto ♥<br>Green Beans ♥                      | <b>Turkey Tetrazzini</b><br>Creamed Spinach ♥  | <b>Tortellini with Artichokes &amp; Tomatoes</b>  | <b>Chicken Cacciatore</b><br>Creamy Polenta ♥<br>Herbed Zucchini ♥   |
| <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>                                      | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   |
| <b>Sour Cream Pound Cake</b><br><b>SF Pound Cake</b>  | <b>Creamy Rice Pudding</b><br><b>SF Banana Cake</b>  | <b>Red Velvet Cake</b><br><b>RS Red Velvet Cake</b>  | <b>Strawberry Mousse</b><br><b>SF Harvest Spice Cake</b>   | <b>Cinnamon Bread Pudding</b><br><b>RS Chocolate Chiffon</b><br><b>Cheesecake</b>                                | <b>Italian Cream Cake</b><br><b>SF Raspberry Mousse</b>   | <b>Peach Melba</b><br><b>NSA Peach Melba</b>   |
| <b>Dinner</b> <i>*After dinner snacks available daily.</i>                                      |  |  |  |  |   |  |
| <b>Salad Greens ♥</b><br><b>Soup of the Day</b>   | <b>Spinach Mushroom Salad ♥</b><br><b>Turkey Rice Soup ♥</b>   | <b>Chopped Salad</b><br><b>Cream of Broccoli Soup ♥</b>  | <b>Lettuce &amp; Tomato Salad ♥</b><br><b>Chicken Noodle Soup ♥</b>                                    | <b>Apple Cranberry Salad</b><br><b>Soup of the Day</b>   | <b>Caesar Salad</b><br><b>Spiced Cauliflower Soup ♥</b>   | <b>Wedge Salad</b><br><b>Mushroom Barley Soup ♥</b>  |
| <b>Baked Honey Ham</b><br>Scalloped Potatoes ♥<br>Roasted Brussels Sprouts ♥                    | <b>Oven Fried Chicken</b><br>Macaroni & Cheese<br>Grilled Vegetables ♥   | <b>Chef's Special</b>  | <b>Country Fried Steak with Cream Gravy</b><br>Smashed Red Potatoes ♥<br>Corn O'brien ♥                | <b>Herb Roasted Pork Tenderloin</b><br>Maple Sweet Potatoes ♥<br>Roasted Beets ♥                                 | <b>Catch of the Day</b>   | <b>Sirloin of Beef Au Jus ♥</b><br>Baked Potato & Sour Cream ♥<br>Steamed Broccoli ♥                             |
| <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>                                      | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   |
| <b>Cherry Crisp</b><br><b>SF Pound Cake</b>   | <b>Banana Bread</b><br><b>SF Banana Cake</b>   | <b>Dessert of the Day</b><br><b>RS Red Velvet Cake</b>   | <b>Cinnamon Streusel Cake</b><br><b>SF Harvest Spice Cake</b>  | <b>Chocolate Cream Pie</b><br><b>RS Chocolate Chiffon</b><br><b>Cheesecake</b>                                   | <b>Dessert of the Day</b><br><b>SF Raspberry Mousse</b>   | <b>Pumpkin Spice Cake</b><br><b>NSA Peach Melba</b>  |

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|--|--|--|---|---|
| Oct 10, Nov 14, Dec 19,<br>Jan 23, Feb 27  | Oct 11, Nov 15, Dec 20,<br>Jan 24, Feb 28   | Oct 12, Nov 16, Dec 21,<br>Jan 25, Mar 1   | Oct 13, Nov 17, Dec 22,<br>Jan 26, Mar 2   | Oct 14, Nov 18, Dec 23,<br>Jan 27, Mar 3   | Oct 15, Nov 19, Dec 24,<br>Jan 28, Mar 4  | Oct 16, Nov 20, Dec 25,<br>Jan 29, Mar 5  |
| <b>Breakfast</b>   |   |  |  |  |   |   |
| <b>Waffle</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Omelet</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Buttermilk Pancakes</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Biscuits</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Egg &amp; Cheese Muffin</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>French Toast</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Au Gratin Hash Browns</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  |
| <b>Lunch</b> <i>*After lunch snacks available daily.</i>   |   |  |  |  |   |   |
| <b>Salad Greens ♥</b><br><b>Soup of the Day</b><br><br><b>Oven Fried Fish &amp; Chips</b><br>Cole Slaw<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Lemon Bar</b><br><b>SF Lemon Cookie</b>                                   | <b>Greek Salad</b><br><b>Loaded Baked Potato Soup ♥</b><br><br><b>Mushroom Frittata</b><br>Herbed Couscous ♥<br>Roasted Roma Tomatoes ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Brownie</b><br><b>SF Brownie</b>          | <b>Bacon, Lettuce, &amp; Tomato Salad</b><br><b>Succotash Soup ♥</b><br><br><b>Jambalaya</b><br>Stewed Okra ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Banana Cream Pie</b><br><b>RS Banana Pudding</b> | <b>Tossed Garden Salad ♥</b><br><b>Borscht Soup ♥</b><br><br><b>Beef Pot Pie</b><br>Green Beans Almandine ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Carrot Cake</b><br><b>RS Carrot Cake</b>   | <b>Caesar Salad</b><br><b>Soup of the Day</b><br><br><b>Crispy Chicken Tenders with Honey Mustard Sauce</b><br>Baked Sweet Potato Fries<br>Mango Slaw ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Chocolate Chip Cookie Bar</b><br><b>SF Chocolate Chip Cookie</b> | <b>Mediterranean Salad</b><br><b>Chicken Tortilla Soup</b><br><br><b>Grilled Bratwurst with Mustard on Bun</b><br>Sauerkraut<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Butterscotch Pudding</b><br><b>RS Butterscotch Pudding</b> | <b>Chopped Salad</b><br><b>Hungarian Mushroom Soup ♥</b><br><b>Marinated Chicken Kebabs ♥ with Tzatziki Sauce ♥</b><br>Herbed Rice ♥<br>Zucchini & Cherry Tomato ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Caramel Sundae</b><br><b>NSA Apple Crisp</b> |
| <b>Dinner</b> <i>*After dinner snacks available daily.</i>   |   |  |  |  |   |   |
| <b>Salad Greens ♥</b><br><b>Soup of the Day</b><br><br><b>Honey BBQ Chicken</b><br>Macaroni & Cheese<br>Grilled Vegetables ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>German Chocolate Cake</b><br><b>SF Lemon Cookie</b> | <b>Greek Salad</b><br><b>Loaded Baked Potato Soup ♥</b><br><br><b>Salisbury Steak</b><br>Twice Baked Potato<br>Parslied Cauliflower ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Cranberry Cake</b><br><b>SF Brownie</b> | <b>Bacon, Lettuce, &amp; Tomato Salad</b><br><b>Succotash Soup ♥</b><br><br><b>Chef's Special</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>RS Banana Pudding</b>           | <b>Tossed Garden Salad ♥</b><br><b>Borscht Soup ♥</b><br><br><b>Pork Schnitzel with Dill</b><br>Applesauce ♥<br>Potato Pancakes ♥<br>Braised Red Cabbage ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Cheesecake</b><br><b>RS Carrot Cake</b> | <b>Caesar Salad</b><br><b>Soup of the Day</b><br><br><b>Meat Lasagna</b><br>Sautéed Spinach ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Boston Cream Pie</b><br><b>SF Chocolate Chip Cookie</b>  | <b>Mediterranean Salad</b><br><b>Chicken Tortilla Soup</b><br><br><b>Catch of the Day</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>RS Butterscotch Pudding</b>                                      | <b>Chopped Salad</b><br><b>Hungarian Mushroom Soup ♥</b><br><br><b>Beef Pot Roast</b><br>Boiled Potatoes ♥<br>Parslied Carrots ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Apple Crisp</b><br><b>NSA Apple Crisp</b>                                  |

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|--|--|--|--|---|
| Oct 17, Nov 21, Dec 26, Jan 30, Mar 6   | Oct 18, Nov 22, Dec 27, Jan 31, Mar 7  | Oct 19, Nov 23, Dec 28, Feb 1, Mar 8   | Oct 20, Nov 24, Dec 29, Feb 2, Mar 9   | Oct 21, Nov 25, Dec 30, Feb 3, Mar 10  | Oct 22, Nov 26, Dec 31, Feb 4, Mar 11  | Oct 23, Nov 27, Jan 1, Feb 5, Mar 12  |
| <b>Breakfast</b>  |  |  |  |  |  |   |
| <b>Waffle</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Western Omelet</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Buttermilk Pancakes</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Cinnamon Roll</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>Egg &amp; Cheese Muffin</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal   | <b>French Toast</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  | <b>Scrambled Egg Casserole</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal  |
| <b>Lunch</b>  |  |  |  |  |  |   |
| *After lunch snacks available daily.  |  |  |  |  |  |   |
| <b>Spinach Salad with Egg Soup of the Day</b><br><br><b>Grilled Salmon with Dill Butter Sauce</b><br>Lentil & Roasted Red Pepper Salad ♥<br>Grilled Zucchini ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Frosted Yellow Cake</b><br><b>RS Frosted Yellow Cake</b> | <b>Tomato &amp; Goat Cheese Salad</b><br><b>Potato Leek Soup ♥</b><br><br><b>Loaded Baked Potato</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Banana Cake</b><br><b>NSA Root Beer Float</b>   | <b>Salad Greens with Orange Butternut Squash Soup ♥</b><br><br><b>Beef Stroganoff ♥</b><br>Buttered Noodles ♥<br>Seasoned Peas ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Homemade Ice Cream Sandwich</b><br><b>NSA Ice Cream Pie</b> | <b>Greek Salad</b><br><b>Cream of Cauliflower Soup ♥</b><br><b>Teriyaki Chicken</b><br>Brown Rice ♥<br>Stir Fried Vegetables<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Raspberry Crumb Bar</b><br><b>NSA Baked Pineapple</b> | <b>Cranberry Almond Salad</b><br><b>Soup of the Day</b><br><br><b>Cheese Ravioli with Rose Sauce</b><br>Italian Vegetable Medley ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Tiramisu</b><br><b>SF Cappuccino Mousse</b>   | <b>Lettuce &amp; Tomato Salad ♥</b><br><b>Lima Bean Soup ♥</b><br><br><b>Calves Liver with Onions &amp; Bacon ♥</b><br>Mashed Potatoes ♥<br>Sautéed Mushrooms ♥<br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Tres Leches Cake</b><br><b>SF Pound Cake</b> | <b>Beet &amp; Apple Salad</b><br><b>Cream of Carrot Soup ♥</b><br><br><b>Turkey &amp; Dumplings</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Apple Pie</b><br><b>NSA Cinnamon Streusel Cake</b>  |
| <b>Dinner</b>   |  |  |  |  |  |   |
| *After dinner snacks available daily.   |  |  |  |  |  |   |
| <b>Spinach Salad with Egg Soup of the Day</b><br><br><b>Brown Sugar Glazed Ham</b><br>Lyonnaise Potatoes ♥<br>Roasted Butternut Squash ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Coconut Cream Pie</b><br><b>RS Frosted Yellow Cake</b>                     | <b>Tomato &amp; Goat Cheese Salad</b><br><b>Potato Leek Soup ♥</b><br><br><b>Rosemary Roast Chicken</b><br>Barley Pilaf ♥<br>Creamed Spinach ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Root Beer Float</b><br><b>NSA Root Beer Float</b> | <b>Salad Greens with Orange Butternut Squash Soup ♥</b><br><br><b>Chef's Special</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>NSA Ice Cream Pie</b>  | <b>Greek Salad</b><br><b>Cream of Cauliflower Soup ♥</b><br><br><b>Beef &amp; Mushroom Stew</b><br>Creamy Polenta ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Pineapple Upside Down Cake</b><br><b>NSA Baked Pineapple</b>   | <b>Cranberry Almond Salad</b><br><b>Soup of the Day</b><br><br><b>Roast Turkey &amp; Gravy with Cranberry Sauce ♥</b><br>Cornbread Stuffing<br>Green Bean Casserole ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Frosted Pumpkin Bar</b><br><b>SF Cappuccino Mousse</b> | <b>Lettuce &amp; Tomato Salad ♥</b><br><b>Lima Bean Soup ♥</b><br><br><b>Catch of the Day</b><br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Dessert of the Day</b><br><b>SF Pound Cake</b>   | <b>Beet &amp; Apple Salad</b><br><b>Cream of Carrot Soup ♥</b><br><br><b>Braised Pork Chop with Onion Gravy</b><br>Butternut Squash & Apple Casserole<br>Braised Greens ♥<br><br><b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b><br><br><b>Cinnamon Bread Pudding</b><br><b>NSA Cinnamon Streusel Cake</b> |

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
| Oct 24, Nov 28, Jan 2,<br>Feb 6, Mar 13   | Oct 25, Nov 29, Jan 3,<br>Feb 7, Mar 14  | Oct 26, Nov 30, Jan 4,<br>Feb 8, Mar 15  | Oct 27, Dec 1, Jan 5,<br>Feb 9, Mar 16  | Oct 28, Dec 2, Jan 6,<br>Feb 10, Mar 17   | Oct 29, Dec 3, Jan 7,<br>Feb 11, Mar 18   | Oct 30, Dec 4, Jan 8,<br>Feb 12, Mar 19  |
| <b>Breakfast</b>  |  |  |   |   |   |  |
| <b>Waffle</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Ham &amp; Cheese Omelet</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Buttermilk Pancakes</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Biscuits</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Egg &amp; Ham Muffin</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>French Toast</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal | <b>Scrambled Egg Casserole</b><br>Egg of Choice<br>Breakfast Meats<br>Toast<br>Fresh Fruit<br>Hot or Cold Cereal |
| <b>Lunch</b>  |  |  |   |   |   |  |
| *After lunch snacks available daily.  |  |  |   |   |   |  |
| <b>Tossed Garden Salad ♥</b><br><b>Soup of the Day</b>  | <b>Caesar Salad</b><br><b>Cheeseburger Soup</b>  | <b>Chopped Salad</b><br><b>Chicken Noodle Soup ♥</b>   | <b>Greek Salad</b><br><b>Italian Wedding Soup ♥</b>   | <b>Wedge Salad</b><br><b>Soup of the Day</b>  | <b>Mediterranean Salad</b><br><b>Chicken Gumbo Soup ♥</b>   | <b>Spinach Parmesan Salad</b><br><b>Tuscan Bean Soup</b>   |
| <b>Shepherd's Pie</b><br>Green Beans ♥  | <b>BBQ Pulled Pork</b><br>Baked Beans<br>Cole Slaw   | <b>Stuffed Cabbage</b><br>Mashed Potatoes ♥<br>Seasoned Peas ♥   | <b>Chicken Cordon Bleu</b><br>Roasted New Potatoes ♥<br>Sautéed Spinach ♥                         | <b>Baked Fish Cakes</b><br><b>with Tartar Sauce</b><br>Lemon Risotto ♥<br>Grilled Vegetables ♥                | <b>Pepperoni Pizza</b><br>Side Salad  | <b>Chicken Chow Mein</b><br>Steamed Rice ♥   |
| <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>                                      | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   |
| <b>Caramel Cheesecake</b><br><b>RS Chocolate Mousse</b>   | <b>Jelly Roll</b><br><b>RS Frosted Cherry Cake</b>   | <b>Peach Cobbler</b><br><b>NSA Peach Melba</b>   | <b>S'mores Bar</b><br><b>SF Lemon Mousse</b>  | <b>Coconut Cake</b><br><b>SF Piña Colada Cake</b>   | <b>Turtle Brownie</b><br><b>SF Brownie</b>  | <b>Baked Pineapple</b><br><b>RS Vanilla Pudding</b>  |
| <b>Dinner</b>   |  |  |   |   |   |  |
| *After dinner snacks available daily.   |  |  |   |   |   |  |
| <b>Tossed Garden Salad ♥</b><br><b>Soup of the Day</b>  | <b>Caesar Salad</b><br><b>Cheeseburger Soup</b>  | <b>Chopped Salad</b><br><b>Chicken Noodle Soup ♥</b>   | <b>Greek Salad</b><br><b>Italian Wedding Soup ♥</b>   | <b>Wedge Salad</b><br><b>Soup of the Day</b>  | <b>Mediterranean Salad</b><br><b>Chicken Gumbo Soup ♥</b>   | <b>Spinach Parmesan Salad</b><br><b>Tuscan Bean Soup</b>   |
| <b>Shrimp Scampi</b><br>Angel Hair Pasta<br>with Garlic Herb Butter ♥<br>Steamed Broccoli ♥     | <b>Oven Fried Chicken</b><br>Sweet Potato Wedges ♥<br>Cauliflower Au Gratin                                      | <b>Chef's Special</b>  | <b>Belgian Waffle &amp; Berries</b><br><b>with Syrup</b><br>Bacon                                 | <b>Corned Beef</b><br>Boiled Potatoes ♥<br>Parslied Carrots ♥<br>Seasoned Cabbage ♥                           | <b>Catch of the Day</b>   | <b>Spaghetti &amp; Meatballs</b><br>Parmesan Roasted<br>Broccoli ♥   |
| <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>                                      | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>  | <b>Sandwich of the Day</b><br><b>Entrée Salad Your Way</b>   |
| <b>Chocolate Mousse</b><br><b>RS Chocolate Mousse</b>   | <b>Black Forest Cake</b><br><b>RS Frosted Cherry Cake</b>  | <b>Dessert of the Day</b><br><b>NSA Peach Melba</b>  | <b>Lemon Cream Parfait</b><br><b>SF Lemon Mousse</b>  | <b>Banana Split Dessert</b><br><b>SF Piña Colada Cake</b>   | <b>Dessert of the Day</b><br><b>SF Brownie</b>  | <b>Vanilla Cream Pie</b><br><b>RS Vanilla Pudding</b>  |